

# Italian Rice Balls

 Popular

READY IN



120 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 cups bread crumbs dried
- 1 tablespoon parsley dried
- 2 eggs
- 2 cups olive oil
- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 1 quart water

1 cup rice white uncooked

## Equipment

bowl

frying pan

paper towels

sauce pan

whisk

cutting board

## Directions

In a medium bowl, whisk together eggs, cheese, parsley, pepper, and 1 teaspoon salt. Cover and refrigerate.

Pour water and 1 teaspoon salt into a large saucepan and bring to a boil. Stir in rice and reduce heat to low. Cook rice until water is almost absorbed, stirring frequently.

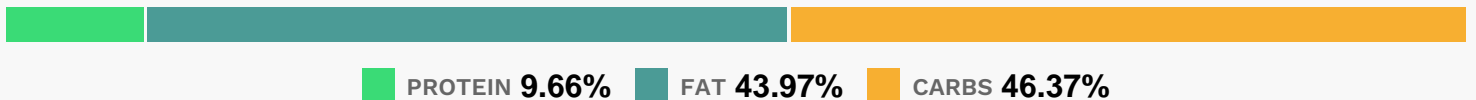
Remove from heat and slowly pour in egg mixture, stirring rapidly to prevent egg from scrambling. Allow rice mixture to cool for 1 hour.

Pour bread crumbs into a pile on one end of a cutting board. Dampen hands and roll rice mixture into 1 inch balls, then coat each one with bread crumbs.

In a small, deep skillet, heat olive oil to 350 degrees F (175 degrees C). (Should have enough oil to completely cover rice balls.) Fry rice balls 6 at a time, turning as needed to ensure even browning.

Drain on paper towels and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.88, Glycemic Load:3.71, Inflammation Score:-1, Nutrition Score:2.5734782711319%

## Flavonoids

Apigenin: 3.77mg, Apigenin: 3.77mg, Apigenin: 3.77mg, Apigenin: 3.77mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg

## **Nutrients (% of daily need)**

Calories: 98.01kcal (4.9%), Fat: 4.75g (7.31%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.84g (3.94%), Sugar: 0.45g (0.5%), Cholesterol: 14.85mg (4.95%), Sodium: 178.63mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Manganese: 0.16mg (7.96%), Selenium: 4.49µg (6.41%), Vitamin B1: 0.07mg (4.85%), Vitamin E: 0.59mg (3.9%), Phosphorus: 36.46mg (3.65%), Vitamin K: 3.82µg (3.64%), Vitamin B2: 0.05mg (3.21%), Calcium: 31.16mg (3.12%), Vitamin B3: 0.58mg (2.92%), Iron: 0.5mg (2.77%), Folate: 9.8µg (2.45%), Copper: 0.04mg (2.23%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.18mg (1.77%), Fiber: 0.43g (1.73%), Magnesium: 6.52mg (1.63%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.25%)